

Broccoli Alfredo

Makes: 4 Servings

Ingredients

4 cups broccoli, cooked
4 cups cooked whole wheat pasta
2 cups milk, 1% (or non-fat)
1 cup fat-free parmesan cheese
1 teaspoon basil
1/2 teaspoon garlic powder
2 tablespoons cornstarch
 pepper (to taste, optional)

Directions

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	349	
Total Fat	3 g	5%
Protein	22 g	
Carbohydrates	62 g	21%
Dietary Fiber	10 g	40%
Saturated Fat	2 g	10%
Sodium	329 mg	14%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 1/2 ounces
Dairy	1 cup